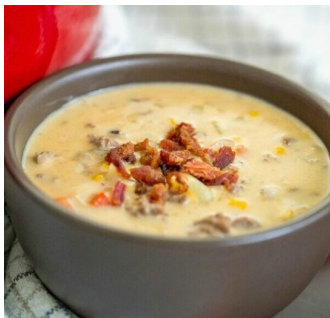


Easy Cowboy Soup: A Hearty, Flavorful Weeknight Meal

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TIME
1 min

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INGREDIENTS

- 1 pound ground beef
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) diced tomatoes with green chilies
- 1 can (15 oz) corn, drained
- 4 cups beef broth
- 1 cup heavy cream
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Salt and pepper to taste
- Shredded cheddar cheese, sour cream, and fresh cilantro for topping

DIRECTIONS

- 1. Brown the : Beef:** In a large pot or Dutch oven, brown the ground beef with the diced onion over medium heat, stirring and breaking it up with a spoon, until the beef is cooked through. Drain any excess fat.
- 2. Add : Spices:** Add the minced garlic, chili powder, and cumin to the pot. Cook for about 1 minute until the spices are fragrant.
- 3. Simmer the : Soup:** Pour in the black beans, diced tomatoes with green chilies, corn, and beef broth. Bring the soup to a boil, then reduce the heat to a simmer and let it cook for 15-20 minutes to allow all the flavors to meld together.
- 4. Finish the : Soup:** Stir in the heavy cream and season with salt and pepper to taste. Let the soup simmer for another 5 minutes, stirring occasionally.
- 5. Serve:** Ladle the soup into bowls and top with a generous amount of shredded cheddar cheese, a dollop of sour cream, and a sprinkle of fresh cilantro.

SWAPS & NOTES

Ground Beef : While ground beef is a classic choice, you can also use ground turkey or pork for a different flavor profile.

Broth : Beef broth is a great choice for this soup, as it complements the flavor of the ground beef.

You can also use chicken or vegetable broth.

A low-sodium broth would be a good choice if you're watching your salt intake.

TIPS FOR SUCCESS

Drain the Fat : Draining the excess fat from the ground beef is an important step.

It will prevent the soup from becoming greasy.

Don't Boil the Cream : Once you have added the heavy cream, avoid boiling the soup.

A gentle simmer is all you need to heat everything through.

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